



National Nutrient Database for Standard Reference  
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## Statistics Report 09270, Pineapple, canned, heavy syrup pack, solids and liquids

Report Date: June 30, 2017 20:45 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water	g	78.99	110	0.190	--	--	--	--	--	--	Analytical or derived from analytical	--	-- 08/1982
Energy	kcal	78	--	--	--	--	--	--	--	--	Calculated or imputed	--	-- 08/1982
Energy	kJ	326	--	--	--	--	--	--	--	--	Calculated or imputed	--	-- 03/2007
Protein	g	0.35	186	0.003	--	--	--	--	--	--	Analytical or derived from analytical	--	-- 08/1982
Total lipid (fat)	g	0.11	186	0.005	--	--	--	--	--	--	Analytical or derived from analytical	--	-- 08/1982
Ash	g	0.34	110	0.007	--	--	--	--	--	--	Analytical or derived from analytical	--	-- 08/1982
Carbohydrate, by difference	g	20.20	--	--	--	--	--	--	--	--	Calculated or imputed	--	-- 08/1982
Fiber, total dietary	g	0.8	--	--	--	--	--	--	--	--	Calculated or imputed	--	-- 02/1995
Sugars, total <sup>1</sup>	g	16.90	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	-- 03/2007
Sucrose <sup>1</sup>	g	2.20	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	-- 01/2003
Glucose (dextrose) <sup>1</sup>	g	7.50	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	-- 01/2003
Fructose <sup>1</sup>	g	7.20	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	-- 01/2003

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Minerals</b>													
Calcium, Ca	mg	14	185	0.371	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Iron, Fe	mg	0.38	185	0.009	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Magnesium, Mg	mg	16	110	0.203	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Phosphorus, P	mg	7	110	0.151	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Potassium, K	mg	104	123	4.233	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Sodium, Na	mg	1	123	0.080	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Zinc, Zn	mg	0.12	110	0.003	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Copper, Cu	mg	0.101	110	0.003	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Manganese, Mn	mg	1.080	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Selenium, Se	µg	0.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	7.4	185	0.151	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Thiamin	mg	0.090	183	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Riboflavin	mg	0.025	185	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Niacin	mg	0.287	185	0.007	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Pantothenic acid	mg	0.100	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamin B-6	mg	0.074	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Folate, total	µg	5	3	0.595	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	5	3	0.595	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Folate, DFE	µg	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Choline, total	mg	3.8	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	03/2007
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	1	110	0.119	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	8	--	--	--	--	--	--	--	--	Calculated or imputed	09266	01/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09266	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09266	01/2003
Vitamin A, IU	IU	14	110	2.374	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09266	01/2003
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09266	01/2003
Vitamin E (alpha-tocopherol)	mg	0.01	--	--	--	--	--	--	--	--	Calculated or imputed	09266	01/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	0.3	--	--	--	--	--	--	--	--	Calculated or imputed	09268	01/2003
<b>Lipids</b>													
Fatty acids, total saturated	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
12:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
16:0	g	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:0	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Fatty acids, total monounsaturated	g	0.013	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
16:1 undifferentiated	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:1 undifferentiated	g	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.040	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:2 undifferentiated	g	0.023	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:3 undifferentiated	g	0.017	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
<b>Amino Acids</b>													
Tryptophan	g	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Threonine	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Isoleucine	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Leucine	g	0.013	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Lysine	g	0.016	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Methionine	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Cystine	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Phenylalanine	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tyrosine	g	0.008	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Valine	g	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Arginine	g	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Histidine	g	0.008	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Alanine	g	0.018	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Aspartic acid	g	0.081	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Glutamic acid	g	0.041	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Glycine	g	0.014	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Proline	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Serine	g	0.019	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003

**Sources of Data**<sup>1</sup>W.J. Hurst, R.A. Martin, B.L. Zoumas Application of HPLC to Characterization of Individual Carbohydrates in Foods, 1979 Journal of Food Science 44 pp.892-893